

FAMILY LIVING IDEAS

November 2003

The Concept of Enough

Have you heard about the man who was feeling sorry for himself because he couldn't afford new shoes until he met a man with no shoes? And the man with no shoes was almost overcome with grief about his lot in life until he met a man with no feet?

Comparisons can help us put our lives in perspective and know what we ought to be grateful for. But they can also build barriers to happiness. For some, it's not enough to have something good. It's important that no one has anything better. So the man who was happy to have a warm place to sleep will become discontented when he meets a man who owns a house. Why is it that our happiness is diminished when we think someone may be happier?

One way to deal with the seduction of comparisons is to develop the concept of "enough" by thinking more clearly about the difference between our wants and our needs. It's OK to want and enjoy comforts and pleasures beyond the necessities, but when we convince ourselves we need whatever we want, we mount a treadmill that can never take us to happiness.

When we confuse our wants with our needs, we diminish our ability to appreciate and enjoy our lives. And when we feel cheated in life, we are more likely to become cheaters, sacrificing integrity, the one thing we can all have in abundance. And when integrity goes, no amount of material success will make a difference.

Knowing what is enough need not sap ambition to get more than we have. It merely frees us from the sense of deprivation that could cause us to be less than we can be.

Source: Michael Josephson, Josephson Institute of Ethics

Diabetes Classes in Moses Lake

Do you or a family member have Diabetes? Would you like better control of your Diabetes? If the answer is yes, you can benefit from this free program.

What you get free: Three screening tests. Information about five critical tests that tell you how well you are doing with your diabetes care. Four diabetes nutrition classes. Screening tests repeated after three months. Grocery store gift certificate for \$40 at the three month follow up.

Call Laurie or Betty at 509-754-2011, Ext 413 if you are interested in signing up for a morning class or an evening class both at the Moses Lake Senior Center.

The morning class will be at 9:30 – 11:30 on Mondays—Nov. 10, 17, 24, Dec. 1 and 8.

The evening class will be at 6:30 – 8:30 on Mondays—Nov. 10, 17, 24, Dec. 1 and 8.

Did You Know?

Life expectancy for children is less than adults for the first time in history. The reason: Poor lifestyle choices. Lack of exercise and poor nutritional choices are the top reasons for increased health problems such as type II Diabetes and diseases of the heart. Be a good role model for the children in your life with good nutrition and physical activity.

Source: Ohio State University, Cooperative Extension, Sept/Oct 2003

Herbal coffees, which naturally contain no caffeine, taste similar to the real thing but will not affect your nerves or gastrointestinal tract the way regular coffee can. They also don't contain the harmful chemicals sometimes used to decaffeinate coffee. Ingredients may include almonds, chicory and dates. *Source: BusinessWeek*

I hope that I can always desire more than I can accomplish.

Wellness made easy

U Buy only pasteurized apple and other fruity juices or cider, especially if you're serving them to young children, the elderly or those with weakened immune systems. In recent years there have been occasional outbreaks of illness caused by untreated juice contaminated with the *E. coli* bacteria. About 98% of juices today are pasteurized (or otherwise treated to kill bacteria), but some scale "natural" juices sold in health-food stores, supermarkets and farm markets are not—these are found in the refrigerator section. Unpasteurized juices, which offer no health advantages, are supposed to bear a warning label, but ask if you aren't sure about a product.

U Check serving sizes when reading food labels: Some relatively small packages claim to contain more than one serving, so you have to multiply the nutrition numbers if you're planning to eat the whole thing. A 20-ounce bottle of Coke, for instance, says 100 calories, but that's for 8 ounces (the bottle of soda actually has 250 calories). Similarly, the label on a muffin, frozen entrée, or even a small bag of chips may say two or three servings, so you have to double or triple the calories, grams of fat and milligrams of sodium.

U In recent years studies have fueled a debate about whether plastic or wooden cutting boards are safer. One study found wooden boards to be less subject to bacterial contamination (in this case, from raw poultry) than plastic ones. Another found that plastic boards get less contaminated with bacteria. The bottom line: **either kind of board is okay so long as you keep it very clean.** Whether you use wood or plastic for cutting raw meat and poultry, scrub the board well afterward with hot soapy water, and don't forget to wash the knife and your hands thoroughly as well. If the surface has fat on it, or if the plastic is deeply scarred, it's especially important to get it very clean. A plastic board has the advantage of being dishwasher-safe. You can also sanitize a board by rinsing it with a diluted bleach solution (1 teaspoon bleach in 1 quart of water).

Source: UC Berkeley Wellness Letter, November 2003

Separate your produce. Some fruits and vegetables give off ethylene, a gas that causes other produce to get overripe. Keep ethylene-sensitive produce separate from fruits and vegetables that emit the gas. Ethylene producers include apricots, bananas, cantaloupe, honeydew, kiwis, peaches, pears, plums and tomatoes. Ethylene-sensitive fruits and vegetables include apples, broccoli, carrots, cucumbers, eggplant, green beans, lettuce, potatoes and watermelon.

Source: [Real Simple](#)

What about omega-3s in plants?

A few plant foods—notably flaxseeds, walnuts and canola oil—also contain omega-3s, so some people who don't like fish think they can eat these foods instead. They're wrong, since the plant foods contain a different omega-3.

Fish oil is rich in two omega-3 fatty acids, eicosapentenoic acid (EPA) and docosahexenoic acid (DHA). Like aspirin, these omega-3s make platelets in the blood less likely to stick together and may reduce inflammatory processes in blood vessels, thereby lessening the chance of a heart attack. And they may have other benefits, too.

In contrast, the plant sources contain only alpha-linolenic acid, a short-chain omega-3 fatty acid. Fish are able to convert the alpha-linolenic acid in algae and other sea plants into the longer-chain EPA and DHA but humans can do so only to a very limited degree (the exact degree is controversial). Many factors affect the conversion rate, including other fats in your diet. The rate seems to be higher in women, and low in people with diabetes. Some researchers question whether it's ever possible to consume enough alpha-linolenic acid to synthesize the amount found in fatty fish. Others suggest you would need to consume huge amounts.

Several studies have shown that alpha-linolenic acid itself may help prevent heart attacks. But the evidence supporting the benefits of the omega-3s in fish is much stronger and more clear-cut. It isn't known precisely how alpha-linolenic acid may protect the heart: some research suggests it works like EPA and DHA, but other evidence points to different mechanisms. In any case, a recent British report concluded that alpha-linolenic acid intake could not produce the beneficial effects of fish oil supplements.

Yes, foods rich in alpha-linolenic acid, such as flaxseeds, walnuts and canola oil, are highly recommended—in addition to fish, not instead of it.

Source: UC Berkeley Wellness Letter, November 2003



Avoid heartburn when eating out. Choose meals carefully. Salads are usually safe—but ask for the dressing on the side so you use less. *Reason:* Most dressings contain fat, which makes heartburn more likely in people prone to it. *More options:* Pasta in a simple sauce, such as pesto or lemon sauce, but avoid spicy Italian food, especially in tomato-based sauces. Meat should be very lean. Mexican food usually is okay if you avoid extra cheese and use mild salsa—but black beans sometimes cause heartburn. Avoid fried or sautéed foods—order grilled or broiled.

Source: David Peura, MD, professor of medicine, University of Virginia, Charlottesville

Anger Kills

Control Your Temper and Save Your Life



We all know that anger strains relationships—but the body takes a heavy hit, too. Blood pressure soars...muscles tighten up...the immune system is compromised.

Result: Angry people are more susceptible to heart attack, cancer and injury on the job. In fact, chronic anger is more likely to kill you than any other cause.

No matter how suddenly anger seems to strike, it is a process. Between the trigger and the explosion come thoughts and feelings—and the opportunity, however brief, to choose how you will react.

ANGER FIRST AID

When you first become aware that you are getting angry, shout, "Stop!" Obviously, if you are in public, you will want to make this a silent shout.

For all its complexity, the mind obeys simple commands. Shouting "Stop!" derails the anger-bound train so that it loses enough steam to be controlled. Also helpful...

Distraction. To get your mind off of your rage, focus on something else.

Empathy. Try to see the situation from the other person's point of view. Always give him/her the benefit of the doubt.

TURN DOWN THE TEMPERATURE

Exercise strengthens your nervous system's built-in calming response. Your heart rate and blood pressure return to normal more quickly.

Meditation calms both body and mind. For 15 minutes a day, sit quietly, focusing on your breath, saying a word like "peace" or "calm" with each exhale. After you have practiced for a while, you may be able to calm yourself in difficult situations by taking a few deep breaths.

Helpful: Don't have more than two alcoholic beverages a day. Also, you should avoid caffeine, which can increase your heart rate.

TAKE ACTION

When there is good reason to be angry—because something can and should be changed—channel your energy. Tell the other person what is upsetting you. Describe how *you* feel about it—and make a simple request for change.

Source: Redford Williams, MD, Duke University

Did you know that...

...most baby boomers plan to move when they retire? Fifty-nine percent say they will relocate—and 31% plan to move at least three hours away from their preretirement communities.

Source: Baby Boomer Report, annual opinion survey of more than 1,300 people ages 44 to 56 by The Del Webb Corp.

...adult vaccines could save 40,000 lives every year? Routine adult vaccination could significantly reduce mortality from flu, pneumonia and hepatitis B. Flu and pneumonia vaccines are especially important for anyone over age 65.

Source: Robert Hopkins, MD, associate professor of medicine and pediatrics, University of Arkansas for medical Sciences, Little Rock

...flu shots reduce risk of heart disease and stroke in people over age 65? Annual flu vaccines reduce risk of hospitalization for cardiac disease by 19% and for stroke by 23% during subsequent flu seasons. Vaccine recipients are 50% less likely to die from any cause during the following flu season than people who don't get the vaccine—and 32% less likely to be hospitalized for flu or pneumonia. *Troubling:* More than one-third of Americans over age 65 don't get flu shots.

Source: Bottom Line, October 15, 2003



Beware

Thieves try small transactions to test the validity of stolen bank or charge cards and account numbers. *Examples:* Buying a few gallons of gasoline or other small items. If the transaction goes through, the thief knows the card is not yet on the stolen list and makes more expensive purchases. He/she knows that usage of a "hot" card is limited, so he may time the transactions for Friday night because no action will be taken on the card account until the following Monday. *Self-defense:* Immediately report any missing card. Reconcile bank statements as soon as you receive them. Report and resolve unrecognized charges immediately. Access accounts via phone or the Internet to review the latest transactions.

Source: Hal Morris, veteran consumer affairs journalist specializing in scams, schemes and ripoffs, Las Vegas

Elderly relatives may need at least eight weeks to adjust to a nursing home. Help your parent deal with the change by visiting often, especially during the first several weeks. He/she is dealing with loss of autonomy, home, family and often some physical and mental abilities. Some degree of depression is normal. *Helpful:* Let the staff know who your parent really is—provide photo albums and a list of activities he enjoys. Try to make your parent's room as homelike as possible with family pictures and keepsakes.

Source: Steven Estrine, PhD, psychologist, New York City

Litter Lasts This Long

Cigarette butts	1 - 5 years
Aluminum cans and tabs	80 - 100 years
Plastic six-pack holders	100 years
Orange and banana peels	up to 2 years
Plastic film containers	20 - 30 years
Plastic bags	10 - 20 years
Glass bottles	1 million years
Plastic-coated paper	5 years
Plastic bottles	indefinitely
Nylon fabric	30 - 40 years
Leather	up to 50 years
Wool socks	1 - 5 years
Tin cans	50 years

Source: *Something for Today*, Larimer County, CO, October/November 2003

It Often Helps To Plan Backwards

If you know a child (or an adult) who is always late, maybe he or she shouldn't plan ahead. It might be better to plan **backwards**. If the child has to be at a 4-H meeting at 7:00 p.m., he or she might plan this way:

"It takes 15 minutes to get there, so I should leave by 6:45. Before I go, I need to change clothes (6:30). I'm going to be hungry after basketball practice, and I'll want to eat (6:00). That means I should start getting ready to go by 6:00."

Source: *Something for Today*, Larimer County, CO, October/November 2003

Major SUV danger for kids: Children's car seats with three-point harnesses. *Reason:* Sport-utility vehicles are more likely to roll over than other vehicles. Children can easily be thrown out of three-point car seats in rollovers because the harness secures the child at the shoulders and between the legs—but not at the hips. *Better:* A car seat with a five-point harness, which secures at the shoulders, between the legs *and* at the hips. Rollovers account for only 2.2% of fatal car accidents—but 28% of crash-related child deaths.

Source: *Andrew Howard, MD, leader of a study of US car-crash data, reported in Canadian Medical Association Journal*

Cooperative Extension
 U.S. DEPARTMENT OF AGRICULTURE
 Washington State University
 Pullman, Washington 99164-6230
 OFFICIAL BUSINESS
 PENALTY FOR PRIVATE USE \$300
 RETURN SERVICE REQUESTED

Did you know that...

...you can cash out money you contribute to a Roth IRA at any time, for any reason, without incurring taxes or fees? Reason: Contributions are made with after-tax dollars.

Source: *Bottom Line*, October 15, 2003

...the aggravated-assault rate in the US has increased by about 700% since the 1930s—but the murder rate has dropped by 25%? Reason: Faster ambulance service and better emergency-room care have prevented many deaths.

Source: *Anthony Harris, PhD, director, Criminal Justice Program, University of Massachusetts, Amherst*



Trying to find someone's cell-phone number? Currently there is no easy way to look up cell-phone numbers. Major cell-phone service providers are looking into establishing a nationwide directory-assistance service for wireless phones, but it won't come into existence for at least a year. *Problem:* Many cell-phone users are expected to opt for unlisted numbers because they generally have to pay for any calls received.

Source: *Travis Larson, Cellular Telecommunications and Internet Association*

COOPERATIVE EXTENSION
WASHINGTON STATE UNIVERSITY
 GRANT AND ADAMS AREA

Betty J. Meloy

- BETTY J. MELOY - Family Living**
 M. Christine Price - Chair - 4-H/Youth
 John L. Kugler - Agronomy/Forages
 Karen M. Lewis - Tree Fruit
 Andy McGuire - Ag Systems
 Gary Q. Pelter - Vegetables/Vegetable Seed
 Sarah Smith - Animal Science

Helping You Put Knowledge To Work

The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Cooperative Extension is implied.

PRSR STD
 US POSTAGE PAID
 EPHRATA, WA 98823
 PERMIT #11